

WKSF Coefficient Master-Women 10' (55-64, +65 years)



One Arm Snatch 10'

WOMEN 12-8 кг Master 55-64 & +65 10 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
<u>52</u>	55	<u>1,819</u>	78	<u>2,244</u>	100	<u>2,6</u>	130	<u>2,924</u>
<u>58</u>	63	<u>1,588</u>	88	<u>1,989</u>	114	<u>2,281</u>	143	<u>2,658</u>
<u>65</u>	70	<u>1,429</u>	101	<u>1,733</u>	130	<u>2,0</u>	160	<u>2,375</u>
<u>75</u>	78	<u>1,283</u>	112	<u>1,563</u>	141	<u>1,844</u>	182	<u>2,088</u>
<u>75+</u>	82	<u>1,22</u>	115	<u>1,522</u>	145	<u>1,794</u>	186	<u>2,044</u>

OALC - One Arm Long Cycle 10'

WOMEN 12-8 kg Master 55-64 & +65 10 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
<u>52</u>	40	<u>2,0</u>	50	<u>2,2</u>	75	<u>2,667</u>	100	<u>3,0</u>
<u>58</u>	45	<u>1,778</u>	55	<u>2,0</u>	80	<u>2,5</u>	105	<u>2,858</u>
<u>65</u>	50	<u>1,6</u>	60	<u>1,834</u>	85	<u>2,353</u>	110	<u>2,728</u>
<u>75</u>	55	<u>1,455</u>	65	<u>1,693</u>	90	<u>2,223</u>	115	<u>2,609</u>
<u>75+</u>	60	<u>1,334</u>	70	<u>1,572</u>	95	<u>2,106</u>	120	<u>2,5</u>

TALC - Two Arm Long Cycle 10'

WOMEN 12-8 kg Master 55-64, +65 Years 10 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
<u>52</u>	21	<u>2,858</u>	29	<u>2,966</u>	34	<u>3,53</u>	50	<u>4,0</u>
<u>58</u>	28	<u>2,143</u>	33	<u>2,607</u>	38	<u>3,158</u>	56	<u>3,572</u>
<u>65</u>	31	<u>1,936</u>	37	<u>2,325</u>	43	<u>2,791</u>	62	<u>3,226</u>
<u>75</u>	34	<u>1,765</u>	40	<u>2,15</u>	48	<u>2,5</u>	69	<u>2,899</u>
<u>75+</u>	36	<u>1,667</u>	42	<u>2,048</u>	51	<u>2,353</u>	75	<u>2,667</u>

Biathlon 10'

WOMEN 12-8 kg Master 55-64, +65 Years 10 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
<u>52</u>	50	<u>1,4</u>	61	<u>1,64</u>	97	<u>1,856</u>	131	<u>2,291</u>
<u>58</u>	57	<u>1,229</u>	72	<u>1,389</u>	110	<u>1,637</u>	146	<u>2,055</u>
<u>65</u>	64	<u>1,094</u>	81	<u>1,235</u>	120	<u>1,5</u>	158	<u>1,899</u>
<u>75</u>	72	<u>0,973</u>	90	<u>1,112</u>	126	<u>1,429</u>	169	<u>1,776</u>
<u>75+</u>	76	<u>0,922</u>	94	<u>1,064</u>	133	<u>1,354</u>	178	<u>1,686</u>

WKSF Coefficient Master-Women 30' (55-64, +65 years)



One Arm Long Cycle 30'

WOMEN 12-8 kg MASTER 55-64 & +65 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	230	<u>1,25</u>	290	<u>1,5</u>	320	<u>1,75</u>	340	<u>2,0</u>
65	250	<u>1,15</u>	310	<u>1,404</u>	340	<u>1,648</u>	360	<u>1,889</u>
65+	270	<u>1,065</u>	330	<u>1,319</u>	360	<u>1,556</u>	380	<u>1,79</u>

One Arm Jerk 30'

WOMEN 12-8 kg MASTER 55-64 & +65 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	310	<u>1,25</u>	390	<u>1,5</u>	510	<u>1,75</u>	550	<u>2,0</u>
65	330	<u>1,175</u>	410	<u>1,427</u>	530	<u>1,684</u>	570	<u>1,93</u>
75+	350	<u>1,108</u>	430	<u>1,361</u>	550	<u>1,623</u>	590	<u>1,865</u>

One Arm Snatch 30'

WOMEN 12-8 kg MASTER 55-65 & +65 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	300	<u>1,25</u>	360	<u>1,5</u>	420	<u>1,75</u>	480	<u>2,0</u>
65	320	<u>1,172</u>	380	<u>1,422</u>	440	<u>1,671</u>	500	<u>1,92</u>
65+	350	<u>1,072</u>	400	<u>1,35</u>	460	<u>1,598</u>	520	<u>1,847</u>

One Arm Long Cycle 60'

WOMEN 12-8 kg MASTER 55-64 & +65 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	460	<u>1,25</u>	490	<u>1,5</u>	520	<u>1,75</u>	540	<u>2,0</u>
65	480	<u>1,198</u>	510	<u>1,442</u>	540	<u>1,686</u>	560	<u>1,929</u>
65+	500	<u>1,15</u>	530	<u>1,387</u>	560	<u>1,625</u>	580	<u>1,863</u>

One Arm Jerk 60'

WOMEN 12-8 kg MASTER 55-64 & +65 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	560	<u>1,25</u>	610	<u>1,5</u>	690	<u>1,75</u>	720	<u>2,0</u>
65	580	<u>1,207</u>	630	<u>1,453</u>	710	<u>1,701</u>	750	<u>1,92</u>
75+	600	<u>1,167</u>	650	<u>1,408</u>	730	<u>1,654</u>	780	<u>1,847</u>